

Tea Leaf by Sereni-tea

News, Events, Recipes and Information

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Wild about White Tea

White tea has arrived in North America. While Chinese tea drinkers have been hip to white tea's benefits since the Ming Dynasty, until recently it was virtually unknown outside of Asia. Not anymore. Today, everyone from chefs to medical researchers is praising white tea's delicate flavor and purported health benefits.

But, what is white tea? White tea is made from immature tea leaves that are picked shortly before the buds have fully opened. The tea takes its name from the silver fuzz that still covers the buds, which turns white when the tea is dried. The exact proportion of buds to leaves varies depending on the variety of white tea. For example, White Peony contains one bud for every two leaves, while Silver Needles, the crème de la crème of white teas, is made entirely from downy buds picked within a two day period in early spring.

Of course, an exotic appearance alone doesn't explain white tea's sudden surge in popularity. The secret lies in what happens after the buds are plucked. Tea leaves destined to be sold as white tea undergo even less processing than green tea leaves. Instead of air-drying, the un-withered leaves are merely steamed.

The result is a pale tea with a sweet, silky flavor. People who have tried both note that white tea lacks the "grassy" aftertaste so often associated with green tea. Furthermore, studies indicate that white tea is better for you. Leaving tea leaves so close to their natural state means that white tea contains more polyphenols the powerful anti-oxidant that fights and kills cancer-causing cells, than any other type of tea.

Need another reason to drink white tea? A 2004 study at Pace University concluded that white tea can help your body's immune system fight off viruses and dangerous infection-causing bacteria. The same study concluded that fluoride-rich white tea helps prevent the growth of dental plaque, the chief cause of tooth decay.

(Try Sereni-tea's "White Peony", "Snow Buds" and "Silver Needle" white teas.

New Teas

We have added some new teas: an organic Ceylon tea from the **Venture Estate** in the Dimbula district, as well as an **Irish Breakfast tea blend** with a bold flavor. Also find a **Lady Grey** (Earl grey blue flower) in the flavored black tea section.

"Sweets and Treats"

We carry fun things to make your tea party a success like **amber and white sugar swizzle sticks** and **honey straws** to sweeten your tea. We also sell treats to satisfy your sweet tooth: **tea flavored short bread cookies** with Masala Chai black tea, green Jasmine tea or Orange Pekoe as well as **tea flavored chocolates** and a **dark chocolate – green tea candy bar**. These items are now available on the web site in the "Sweets & Treats" link!

4th of July week shop schedule

Sereni-tea will be open July 3rd,
closed on Wed. July 4th,
open 5th, 6th, and 7th with our
regular summer hours 10am to
6pm. Come on by our side walk
ice tea station and refresh yourself.

4th of July Run/Walk event

We will again be present as one of
the "gourmet stations" along the
4th of July walking route with
refreshing, non-caffeinated,
unsweetened ice tea to quench
your thirst!





Tea Recipe

Tea magazine, Summer 2005
 From Camellia Tea Room, 828 First Street in
 Benicia, California

Lavender Scones

- preheat oven to 425° F
- 2 cups flour
- ¼ cup powdered sugar
- 1 Tbsp. baking powder
 - combine in a large mixing bowl
- 6 Tbsp. unsalted butter, cut up
- 1 tsp. culinary lavender, processed in spice grinder
 - add to flour blend beat with mixer until crumbly
- 1 egg, beaten
- 1 cup milk
 - add into measuring cup, whisk together, then add to flour mixture and beat on high until dough comes together

Turn dough out onto floured cutting board, roll out to 1 inch thickness, use knife to cut into triangles. Place scones onto parchment lined cookie sheet, sprinkle with granulated sugar and bake until golden brown, about 15 to 20 minutes.

Serve at tea time with lemon curd

Mt. Shasta Lavender Farms opens to the public!

Mt. Shasta's own Lavender Farms are opening up to the public again from June 15 through July 22, every day! Go out there, gather lavender, enjoy some lavender lemonade and shop the summer's loveliest scented products.

For details visit their web site at www.shastalavender.com or come by Sereni-tea and pick up their new brochure.

Our teas at local establishments

A selection of our teas is served at the **Stewart Mineral Springs restaurant "Rustic Sprout" (938-2222) in Weed.** Treat yourself to the mineral baths or a massage and end your day with an excellent dinner at the restaurant.

**If man has no tea in him,
 he is incapable of understanding
 truth
 and beauty.**

Japanese Proverb

E V E N T S	<p><u>Tea & Tarot Afternoons</u> Media celebrity and renowned Tarot teacher Judith Conrad will hold 15 minute recorded Tarot readings on</p> <p>Saturdays (from 1 to 4pm) June 2nd & 16th July 7th & 21st</p> <p>Cost: \$30 includes a fragrant cup of tea and a recording of the reading. First come, first serve.</p>	<p><u>Tea Leaf Readings</u></p> <p>Come in with your friends, enjoy a cup of tea and have a fun, intuitive tea leaf reading with Linnea Gael.</p> <p>Cost: \$15 per person 3 to 5 persons per group</p> <p>Please call Gael (926-0650) for an appointment time and date and meet her at Sereni-tea for the reading.</p>	<p><u>Tea & Animal Talk</u></p> <p>Come with a picture of your animal companion, have a cup of tea with Victoria Song and hear what your animal companion has to tell you.</p> <p>Wednesday (from 2 to 5pm) June 6th & 20th July 11th & 25th</p> <p>For 1 animal: 15 min. /\$30 For 2 or more: 30 min. /\$50</p> <p>Please call Sereni-tea to reserve your time & space.</p>
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